



CHESTERFIELD COUNTY POLICE DEPARTMENT

PHYSICAL READINESS TEST BATTERY

The Chesterfield County Police Department (CCPD) requires applicants to have a minimum level of physical readiness in order to safely complete academy training. To ensure that applicants can safely perform those physical tasks, the CCPD has developed a physical readiness (fitness) test battery with standards that predict the minimum levels of safe and effective performance.

The Physical Readiness Test (PRT) is job-related. It measures the underlying physical abilities necessary to train for and perform essential job tasks. The standards predict the ability to perform the essential and critical physical tasks of the job at a minimum level of safety and effectiveness. You will be required to meet the PRT standards to be hired by the CCPD.

WHAT PHYSICAL FITNESS AREAS ARE IMPORTANT?

Officers must be physically ready to perform the strenuous and critical physical tasks of the job. Researchers have identified six specific components of physical fitness that underlie the ability to perform those tasks.

1. Aerobic power or cardiovascular endurance. Your heart and cardiovascular system must be efficient enough so that you can perform physical tasks over a sustained period of time. It is an important area for performing job tasks such as conducting foot pursuits and engaging in use of force situations lasting more than two minutes.

2. Anaerobic power. You must have the ability to make short intense bursts of effort. This is an important area for performing job tasks such as short foot pursuits.

3. Upper body and trunk muscular endurance. Other tasks require the capability to make repeated muscular contractions with the trunk and upper body without getting fatigued. This is important for use of force job situations.

4. Agility. This is the ability to make quick movements while sprinting. This is important for making movements and changes of direction around obstacles during pursuits.

5. Explosive Leg Power. Occasionally you are required to jump with power or make short intense bursts of effort. This is an important area for performing job tasks such as jumping over obstacles and sprinting in pursuit situations.

HOW WILL PHYSICAL FITNESS BE MEASURED?

There are six physical fitness tests with standards in the PRT.

1. Vertical jump. This measures the explosive power of the lower extremities.

2. Agility run. This measures ability to change direction while sprinting. The test consists of sprinting while dodging around obstacles (traffic cones) over a 180-foot course.

3. Sit up test. This is a measure of trunk muscular endurance. It is very important to job function, overall physical performance, and the avoidance of injury. The test consists of the maximum number of sit ups performed in sixty seconds.

4. 300 meter run. This measures anaerobic power or the ability to make an intense burst of effort for a short time period or distance. The test consists of running 300 meters as fast as possible.

5. Push up test. This measures the muscular endurance of the upper body. The test consists of doing as many push ups as possible from the front leaning rest position with no time limit.

6. Endurance run. This measures aerobic power or cardiovascular endurance, the ability to sustain rhythmic movement of large muscle groups for a period of time. The test consists of running/walking 2,388 yards (approximately 5.5 times around a standard track) as fast as possible.

WHAT TEST STANDARDS MUST I MEET?

The tests will be administered in the following sequence. There will be rest periods between each event. Each test is scored separately and you must meet the standard on all of them. The standards are as follows:

Fitness Test	Standard
Vertical jump	13.5 inches
Agility run	23.0 seconds
Sit up	27 count
300 meter run	87 seconds
Push up	16 count
Endurance run	18:00 (min:sec)

TESTING PROCEDURES:

Vertical jump test

Equipment:

- Yardstick on the wall

Procedure for yardstick protocol:

- a) Stand against the wall, arm overhead, with the side of the body flush to the wall from foot to the tips of the fingers.
- b) Reach to the highest point on the yardstick and record the number reached.
- c) Take a half a step away from the wall.
- d) Step back with either foot, step forward then jump as high as possible and touch the yardstick OR you may jump with both feet and not take a step.
- e) Three (3) attempts will be allowed.

Agility run

Equipment:

- Two lines 30 feet apart
- Four cones spaced 10 feet apart in a straight line from the start line to the turn line
- Stop watch

Procedure:

- a) Lie on the ground to the left of the first cone with fingertips behind the start line.
- b) At the command "Go", stand up, sprint to the turn line, place one foot over the line then sprint back to the start line.
- c) Make a left turn around the first cone then zig zag in a figure eight fashion around the four cones to the turn line and back to the start line.
- d) Sprint up and back as described in (b).
- e) Score is time in seconds and tenths.
- f) Two (2) attempts will be allowed.

Sit up test

Equipment:

- Mat
- Stop watch

Procedure:

- a) Start by lying on your back, knees bent, and heels flat on the floor. Finger tips stay behind your ears.
- b) A partner holds your feet down.
- c) Perform as many correct sit-ups as possible in one minute.
- d) In the up position, you must touch or pass your knees with your elbows, then return the shoulders to the mat before starting the next sit up.
- e) You may not raise your buttocks from the ground and when returning to the down position your shoulder blades must touch the ground.
- f) Score is total number of correct sit-ups in 1 minute.

300 meter run

Equipment:

- Marked course of 300 meters (328 yards or 984 feet). On a 440 yard track the 300 meter line would be 112 yards (336 ft.) from the finish line
- Stop watch

Procedure:

- a) Warm up thoroughly before test.
- b) Run the 300 meters as fast as possible.
- c) Record the time it took to complete the run.

Maximum push up

Procedure:

- a) Start in the front leaning rest position, with the body in a generally straight line from the shoulders to the ankles. Hands are slightly more than shoulder width apart, feet are up to 12" apart.
- b) Lower yourself until the upper arms are parallel to the ground, and then push up again.
- c) Perform as many correct push ups as possible. There is no time limit.

Endurance run

Equipment:

- marked 2,388 yard course
- stop watch

Procedure:

- a) Warm up
- b) Cover the distance as fast as possible
- c) Score is time to run the course
- d) A cool down is required after running
- e) **On a 400 meter track, run 5 laps plus 201 yards**
- f) **On a 440 yard track (1/4 mile), run 5 laps plus 188 yards**